

Relax and Rejuvenate

Lynnspirations Healing Arts

June 2012



Spring actually feeling like summer.

Father's day, June 17, 2012

First day of summer, June 20th.

***Aroma Therapy class**-want to learn more about essential oils and how to use them in your home? **Wednesday, July 11, 2012 4:30 p.m. at my office. Please RSVP that you would like to come.**

Reiki classes and sessions –The classes can be afternoons and taken in two evenings. When I offer energy classes, I do not charge for the energy for that is a wonderful gift. I am charging only for my time and materials.

NEW!! Reiki classes for Seniors

Munay Ki initiations – These classes help with the new energies and changes of 2012

NEW!! Vibrational Raindrop

Reiki Massage-Do you like Reiki and really enjoy massage? I offer sessions that combine Reiki, Essential oils, Myofascial Release, and Massage. I can add tuning forks if interested or needed. I am finding that when chakras are open and balanced, the body is more open to relax and remembering that it can heal itself.

BIOMAT-The BIOMAT can help one relax, decrease pain, increase circulation, and can be incorporated with a session or in a session by itself. If you are new to the BIOMAT, your first 15 minutes are free.

What's New with Lynnspirations Healing Arts?

- Please make sure you have the correct phone number **515-975-7236**.
- Lynnspirations Massage and the Healing Arts has been changed to **Lynnspirations Healing Arts**. Massage is still offered but I incorporate so much more.
- Keep track of what is happening on my blog on my website, Facebook and Linked In page.
- I am offering Distant Healing sessions; one that is helpful for many is the **Healthy Weight Healing Session**. You may find this on the web site and pay using pay pal. You receive month long support. I have been using this for a little over 2 months and continue to lose pounds and inches.
- **Reiki sessions**=When you come in for a Reiki session, you may request and receive continuous distant Reiki sessions for up to a month after your visit. **Research** is being done and finding that Reiki does promote relaxation which then allows the body to be more likely to have healing, and decreased pain.
- **Reiki Classes: Usui Reiki Level I, II and ART/Master**
- **Reiki for Animals**
- **Senior Reiki Classes- Are you a senior that wants to take a Reiki class but unable to manage the cost? Talk to me about this if interested.**
- **Kundalini Reiki**
- **Violet Flame Reiki**
- **Mystery Master Healing System sessions and classes**

Gift Certificates: If you have gift certificates that you have not used yet, **please use them by August 15th, 2012.**

Journey to the Cave of the Grandmothers-

This is a wonderful journey to help you relax and receive important messages and guidance from the Grandmothers. Gratitude gifts accepted.

Have you wondered why I use Willow for my email address? I have Cherokee ancestry and received my Spirit name, which is Willow Weaver.

****August 4th, 2012 Noon to 9:00 p.m. Walnut Woods Lodge
Red Bear Who Sees All Worlds
Amazing Workshop...contact me for more details.***

- **Raindrop Technique-**Looking for a way to incorporate the essential oils and to help with back pain? Raindrop technique is a very relaxing and balancing session that lasts approximately 1 ½ hours.
- **Vibrational Raindrop-** if you are used to using the essential oils, and have had a Raindrop, this is an amazing healing session that incorporates the oils in a Raindrop using Tuning Forks. Amazing energy technique for balance and relaxation. Approximately 1 ½ hours – **Special rate \$100.00 this month... if you mention you saw this in the newsletter.**

***Connie Patton LPN LMT Reiki Master Teacher
Lynnspirations Healing Arts***

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